

Turkey and Egg Breakfast Casserole



6



15 min



1 hour 5 mins



Difficulty

INGREDIENTS

- 1 tablespoon Coconut Oil
- 1 lb Ground Turkey
- 1/2 teaspoon Chili Powder
- 1/2 teaspoon Garlic Powder
- 12 large Eggs
- 1 small Sweet Potato- peeled and sliced thin
- 1 cup Baby Spinach

INSTRUCTIONS

1. Preheat the oven to 375. Grease a 9x9 baking dish with coconut oil and set aside.
2. Peel and slice the sweet potato, making sure to cut them 1/4 inch or less in thickness. Line the bottom of the greased baking dish with the sliced potatoes in a single layer, some overlap is okay.
3. Melt 1 tablespoon of coconut oil in a skillet over medium heat, add the ground turkey and season with chili powder and garlic powder. Using a spatula break the meat apart and cook until browned. Drain and place on top of the sweet potato layer.
4. In a medium bowl whisk the eggs and pour over the ground turkey layer.
5. Place the dish in the oven and cook for 30 minutes.
6. Carefully slide the dish to the front of the oven, top with spinach, return, and cook for another 5-15 minutes until the center is firm.